

Volunteer Position Description

Position Title: Volunteer Leaders of Adult Health Support Group

Department/Division: Parks & Recreation / Community Recreation

Purpose: To lead, coordinate & organize sessions of this group.

Requirements: I prefer people that has healthy living, exercise, eating, etc as a passion of theirs. Someone at least 21 years of age. People that are really into the Columbia community wanting to make this program a success by helping people struggling with living a healthy lifestyle.

Task: I'd like to start this program, so finding the right, enthusiastic people is a big deal. Plan sessions with co-leaders and also facilitate. Sessions are set up as workshops / discussions, Q&A, maybe scheduling guests. Try to guide the group towards healthier living like exercise, better eating. Maybe weekly checks of blood pressure and other vitals or measurements if they wish. Maybe actually lead low-level exercise sessions with this group or workouts in our workout facility. The sky is the limit. This person would also help promote the program so it can grow.

Dates: 1st & 2nd Tuesdays each month from 6:00-7:00pm. Currently planning to go August 16-April 11.

Would like to extend dates if your schedule permits.

Location: Armory Sports Center – 701 E Ash. Corner of Ash and 7th street downtown behind the Courts Building.

Volunteer will report to: Camren Cross – Recreation Supervisor. 817-5077 / ashley.schmidt@como.gov

Number of volunteers needed: Two or three enthusiastic, caring and committed people.

What to wear: Comfortable but tasteful. Will likely be sessions in which you will be active.

Special Note: I need very consistent & passionate people that really want to make this program work and make a difference in peoples' lives.

To learn more: (You may want the volunteers to contact the Office of Volunteer Services at 874-7499 or volunteer@CoMo.gov or to another city department or staff person)